

Asian Salad Dressing

Makes: 5 servings

Oils from plant sources (vegetable and nut oils) do not contain any cholesterol

Ingredients

- 2 tablespoons vegetable oil
- 3 tablespoons red vinegar
- 2 teaspoons soy sauce, low-sodium
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic powder

Directions

- Put all the ingredients in a jar or bottle with a lid.
- Put on the lid. Shake well.
- Chill in the fridge for at least 1 hour before serving.

Notes

Try this dressing on cut vegetables or salad. After serving, keep any leftover dressing in the fridge.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information	
Nutrients	Amount
Calories	70
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrate	6 g
Dietary Fiber	0 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	0 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

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